

"Festive Family Thanksgiving Cookbook"

Recipe

Candied Yams With Apples And Raisins

Serves 8 ● Preparation Time 30 minutes

Cooking Time 15 minutes

4 cups or 1½ pounds of yams

½ tsp. cinnamon

3½ cup (or 3) tart apples

¾ tsp. ginger

1 cup apple juice

1/8 tsp. allspice (optional)

¾ cup raisins

1/8 tsp. nutmeg (optional)

½ cup applesauce



In a medium saucepan, cook unpeeled yams in boiling water for 20 minutes or until a knife slips through easily. They should be tender, not mushy. Set aside to cool.

Peel, core, slice the apples into ½ inch pieces and place in a medium saucepan with the apple juice, applesauce, raisins, and all spices. Cover and cook until apples soften, about 3 to 5 minutes. Uncover and reduce heat. Simmer a few minutes longer. Remove pan from hot burner.

Peel and slice the cooked yams into 1- inch cubes. Add to the apple-raisin mixture. Gently mix and heat thoroughly about 5 to 7 minutes. Serve warm.

Nutrition Facts Per Serving:

180 Calories , 1 g Total Fat ,

9 Calories from Fat, 14 mg.

Sodium, not a significant source of Saturated Fat, or Cholesterol



Nutrition Tip:

"Yams and sweet potatoes have beta carotene. Eating foods with beta carotene and other anti-oxidant nutrients— vitamins C, E, and selenium— could help prevent certain cancers, heart disease, and vision problems. Dark green, red, yellow and orange foods usually have beta carotene. Select vegetables and fruit such as yams, carrots, tomatoes, winter squash, spinach, greens, strawberries and mangoes for better health."

Paula Benedict, MPH, RD

